

## Shrewsbury Parks & Recreation 2003 Spring Brochure

### Registration & Program Information

Programs have enrollment limits, and sign-ups are accepted on a strict first-come basis. Registrations are non-transferable. Registration forms must be signed by a parent. A registration will not be accepted without a properly completed form. All registrations are subject to review for eligibility. Registration will take place until the program is filled or two weeks before the program starts. Most programs are for residents only.

**Seniors**-62 and older, **Adults**-18 and older

### Proxy Registrations

A person may submit another's registration form, provided the form is properly completed and signed and accompanied by the correct fee. (Wait until availability is confirmed before filling in their check!!). The Proxy limit is one per submitted (in addition to your own).

### Refund Policy

Refunds are not allowed unless we receive written notification prior to the class starting and we are able to fill your space with someone from the waiting list. Refunds that are granted will be charged a \$5.00 administrative fee. Otherwise refunds will not be allowed unless the program is canceled by the department.

### Cancellation Policy

Programs may be canceled due to inclement weather, holidays and when school is closed. We also reserve the right to cancel any registration due to misprints or human error.

### Cancellation Hotline

Contact 841-8336 for any cancellations due to inclement weather.

### Age & Grade Requirements for Programs

All programs are to follow the set grade or age limit that is specified in the brochure. The age limit required corresponds to the date of the first class.

### Switching of Classes

Participants will not be allowed to switch or to change to different nights for any program.

### Photo Policy....Smile

The recreation department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have you or your child photographed, please let us know.

### Code of Conduct

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the department reserves the right to dismiss or suspend a participant with no money refunded. Each situation will be evaluated by the director.

### Advertisements

Programs and special events will be shown on Channel 35 and in the local newspapers.

### Office Hours

Monday through Friday 8AM-Noon & 1PM-4:30PM  
Phone # 508-841-8503

### Valuables

The parks & recreation department is not responsible for any lost or stolen items. Valuables, in particular should not be brought to any program.

### Contacts for Sport Programs

Babe Ruth Baseball	Bob Cusson	842-4161
Little League/Softball (Reg)	Kim Long	842-7335
Girl's Softball	Don Pegg	845-2173
Youth Football	Tony Perry	842-5420
Youth Hockey	Chris Rutigliano	842-3209
Youth Soccer	David Hillman	842-7198
Girl Scouts	Lu-Ann Rimkus	757-4021
QRA	Christine Collins	757-2194

## Seasonal Recreational Employment

Job postings for summer camp positions, various sport assistants and swimming instructors will be available on March 15 at the parks & recreation department. All applicants need to be at least 16 years of age by May 1<sup>st</sup>. Applications will be reviewed in April/May

### Basic Fishing

This class will teach children the fundamentals of fishing. Children will learn about the different types of lures, bait and fishing techniques. (Class is indoors)

# 142240-A

Time: 7-9PM

Fee: Free

Day: Monday

Ages: Children under 15 with adult

Dates: 3/24-4/14 Location: Spring St. School



### Gymnastics

A gym activity program for children ages 4 and 5. Each class is 45 minutes in length and is designed to introduce basic gymnastic skills and stimulate gross motor skill development. The use of special preschool equipment, in addition to the safe use of all gymnastics equipment, develops and refines motor skills, coordination and self confidence.

# 141150-A

Time: 11:15AM-Noon

Fee: \$40.00

Dates: 4/7-5/19

Day: Monday

Ages: 4 & 5

Location: Mass Gymnastic Center, Rte 9 in Westboro

# 141150-B

Time: 2-2:45PM

Fee: \$40.00

Dates: 4/10-5/22

Day: Thursday

Ages: 4 & 5

Location: Mass Gymnastic Center, Rte 9 in Westboro



## Shrewsbury Parks & Recreation 2003 Spring Brochure

### **Sign-up now!!!**

**Forms are now available in the parks & recreation office.  
Registration forms are mailed directly to Bay State Blades.**

### **Tiny Blades Skating**

This program is an excellent introduction to ice skating for youngsters ages 2 ½ -6 who want to learn the basic skills necessary to enjoy recreational ice skating or enter into youth hockey or figure skating program in the future. Each class consists of a 30 minute lesson and an optional 30 minute, unsupervised practice.



### **Session IV**

**Dates:** 3/17-5/9 (No 4/4) **Location:** Buffone Arena

**Fee:** \$89.00 **Time:** See form

**Days:** See form **Ages:** 2 ½ -6

### **ARC Babysitter's Training Course**

Our American Red Cross Babysitter's Training Course will provide 6<sup>th</sup> grade students with training in leadership, safety and safe play, basic care, first aid and professionalism. The course information gives students the basic skills necessary to provide safe and responsible care for children in the absence of parents or guardians. The course is being offered through a partnership with the Shrewsbury Child Development Committee and Shrewsbury Parks and Recreation Department.



**Class C # 132250-C** **Time:** 6:30-8:30PM **Grade:** 6<sup>th</sup>

**Day:** Monday **Fee:** \$40.00 **Dates:** 4/28-6/2 (no 5/26)

**Location:** Middle School Classroom 137

**Class D # 132250-D** **Time:** 6:30-8:30PM **Grade:** 6<sup>th</sup>

**Day:** Tuesday **Fee:** \$40.00 **Dates:** 4/29-5/27

**Location:** Middle School Classroom 137

### **Introduction to Art**

Learn the fundamental techniques of drawing, painting and sculpture while creating an exciting and imaginative collection of work. Create life-size portraits, landscape paintings and sculptures inspired by your interests, and the art of various artists and cultures.



**# 142120-B** **Time:** 4:30-5:30PM

**Fee:** \$35.00 (7 weeks) **Dates:** 4/14-6/9 (no 4/21 & 5/26)

**Day:** Monday **Grades:** 3<sup>rd</sup>-5<sup>th</sup>

**Instructor:** Jenn Swan **Location:** Ray Stone Post

### **Art through the Ages**

Travel through time and create artwork inspired by various time periods, cultures and exciting artists. A variety of drawing, painting and sculpture materials will be used in this journey through ancient to modern art.



**# 142120-C** **Time:** 4:30-5:30PM

**Fee:** \$40.00 (8 weeks) **Dates:** 4/15-6/10 (no 4/22)

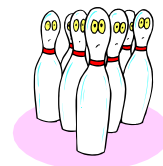
**Day:** Tuesday **Grades:** 4<sup>th</sup>-6<sup>th</sup>

**Instructor:** Jenn Swan **Location:** Ray Stone Post

### **Special Needs Bowling**

This six week program will help children learn the fundamentals of bowling. They will also socialize, meet new friends and help develop motor skills. All bowling fees and shoes will be included in the price. The bowling program is funded in part by a grant from the F.O.R Special Friends Group

**# 145180-A** **Time:** 4-5:30PM  
**Fee:** \$10.00 **Dates:** 4/2-5/14 (no 4/23)  
**Day:** Wednesday **Instructor:** Staff  
**Location:** Town & Country Bowl  
**Grades:** 1-4<sup>th</sup> Special Needs Students



### **Tots "Playgroups"**

Each class will consist of an art project, games, stories and singing. Every week the activities will vary and will be based on a theme. Come and meet new friends or get together with friends we already know! Children must be able to stay alone and have some knowledge of using the restrooms. Child must **be at least 3, but no older than 5 at the start of the first class** and can only attend one day per session. Children may sign-up for a second class starting March 17 if there is still availability.

**Fee:** \$55.00 (8 weeks)

**Instructor:** Jean Coates

**Location:** Ray Stone Post

**Ages:** 3-5

### **Schedule**

**# 141040-A** **Day:** Mon. **Time:** 12-2PM

**# 141040-B** **Day:** Thurs. **Time:** 10AM-12PM

**# 141040-C** **Day:** Thurs. **Time:** 12:15-2:15PM

**# 141040-D** **Day:** Fri. **Time:** 10AM-12PM

**Monday dates:** 4/14-6/16 (no 4/21 & 5/26)

**Thursday dates:** 4/17-6/12 (no 4/24)

**Friday dates:** 4/11-6/13 (no 4/18 & 4/25)

### **Tiny Tots "Activities"**

Come and enjoy singing, playing simple games, and learning how to play with other children. Spend quality time with your child and have fun too! Parent or adult must be able to stay with child at all times for the parent participation class.

Child must **be at least 2 and no older than 3 at the start of the first class** and can only attend one day per session. Children may sign-up for a second class starting March 17 if there is still availability.

**Fee:** \$35.00 per child (8 weeks)

**Loc:** Ray Stone Post

**Instructor:** Jean Coates

**Ages:** 2 & 3

### **Schedule**

**# 141040-E** **Age:** 2 (with parent) **Day:** Mon 10-10:45AM

**# 141040-F** **Age:** 2&3 (with parent) **Day:** Mon 11-11:45AM

**# 141040-G** **Age:** 2&3 (with parent) **Day:** Thursday 9-9:45AM

**# 141040-H** **Age:** 2&3 (with parent) **Day:** Friday 9-9:45AM

**Monday dates:** 4/14-6/16 (no 4/21 & 5/26)

**Thursday dates:** 4/17-6/12 (no 4/24)

**Friday dates:** 4/11-6/13 (no 4/18 & 4/25)

## Shrewsbury Parks & Recreation 2003 Spring Brochure

### Men's Softball League

Join us for this recreational slow-pitch league for adults (18+). Teams will play 1 or 2 nights a week throughout the mid summer. Teams can register starting March 8<sup>th</sup> with a \$100.00 team deposit, overall team fee \$475.00. Team Rosters are due by April 1<sup>st</sup> and team registration will not be officially accepted until your roster has been approved by the Parks & Recreation Department. A captain's meeting will be on Tuesday April 15<sup>th</sup>, 6:30PM at Town Hall. There is a limit of 8 teams and 80% of each team must be Shrewsbury residents. Teams sponsors and uniforms are O.K. but not required. Any player that is not listed on the team roster will not be allowed to play. Multiple team registrations will not be accepted (no proxy's). Games start the week of May 5<sup>th</sup>. Act#: 143130-A



### Co-Ed Softball League

Come out and play in this recreational slow-pitch league for adults (18+). Games will be held on Friday nights from 6:30-9:30PM for 8 weeks. Teams can register starting March 8<sup>th</sup> with a \$100.00 team deposit, overall team fee \$200.00. Players signing up for the pickup team will be charged \$15.00 per person. Team Rosters are due by April 1<sup>st</sup> and team registration will not be officially accepted until your roster has been approved by the Parks & Recreation Department. A captain's meeting will be held on Thursday April 17<sup>th</sup>, 6:30PM at the Town Hall. There is a limit of 6 teams, with one team set aside for players without a team. All teams need to have at least 80% Shrewsbury residents. Teams sponsors and uniforms are O.K. but not required. Any player that is not listed on the team roster will not be allowed to play. Multiple team registrations will not be accepted (no proxy's). Games start on May 9<sup>th</sup>. Act#: 143130-B



### Pilates

This class combines the core (back, abdominals and chest) for strengthening and stabilization. It is a full body stretching and strengthening experience for all levels of ability. Please bring a mat.

**# 143080-D**      **Time:** 10:25-11:10AM  
**Day:** Saturday      **Fee:** \$32.00  
**Ages:** Adults & 15+      **Location:** Beal School  
**Dates:** 4/12-6/14 (no 4/26 & 5/24)

### Stretch'N'Flex

Tone muscles, strengthen and stretch your body. This class may include some Pilates and yoga based moves. There will be emphasis on proper alignment and form. Bring ankle weights and dumbbells for maximum results.

**# 143090-A**      **Time:** 7:10-7:40PM      **Fee:** \$30.00  
**Dates:** 4/3-6/5 (no 4/21, 4/24, & 5/26)  
**Days:** M & Th      **Loc:** Beal school  
**Ages:** Adults & 15+      **Instructor:** D Zeutas-Broer

### One World "Aerobics"

Not your average aerobics class. Expect to laugh and learn some Latin moves while developing cardiovascular fitness and strengthening muscles and bones. Work out at your level. Tropical motif attire recommended.

**# 143050-A**      **Time:** 6:15-7PM      **Fee:** \$40.00  
**Dates:** 4/3-6/5 (no 4/21, 4/24, & 5/26)  
**Days:** M & Th      **Loc:** Beal school  
**Ages:** Adults & 15+      **Instructor:** D Zeutas-Broer

### Beginner Yoga

This class is an introduction to hatha yoga (the yoga of postures and movement) for strength, flexibility and deep relaxation. Modifications will be presented to conform to western exercise prescription. You don't need a flexible body to practice yoga - you need a flexible mind. Please bring a mat to class.

**# 143080-A**      **Section A**  
**Dates:** 4/8-6/3 (no 4/22)      **Time:** 5:45-6:30PM      **Fee:** \$35.00  
**Days:** Tuesdays      **Ages:** Adults & 15+  
**Loc:** Senior Center      **Instructor:** D Zeutas-Broer

### Intermediate Yoga

An eclectic class drawing from several styles of yoga including willful holding of postures (Kripalu, Iyengar) and flowing movement (vinyasa - commonly known as power yoga). Techniques will be offered for breathing practices and mindfulness. Please bring a mat to class.

**Section B**  
**# 143080-B**      **Time:** 6:35-7:35PM  
**Dates:** 4/8-6/3 (no 4/22)      **Fee:** \$35.00  
**Day:** Tuesday      **Loc:** Senior Center  
**Ages:** Adults & 15+      **Instructor:** D Zeutas-Broer

### TAI CHI & CHI GONG

Practice the ancient arts for health and longevity. Make the mind and body connection combining simple movements with deep breathing.

**Beginners**  
**# 143070-A**      **Time:** 6-7PM  
**Dates:** 4/9-6/4 (no 4/23)      **Day:** Wednesday  
**Loc:** Beal School      **Fee:** \$25.00  
**Ages:** Adults  
**Instructor:** Laurie Demers

**Intermediate**  
**# 143070-B**      **Time:** 7-8PM  
**Dates:** 4/9-6/4 (no 4/23)      **Fee:** \$25.00  
**Loc:** Beal School      **Day:** Wednesday  
**Ages:** Adults      **Instructor:** Laurie Demers





## Shrewsbury Parks & Recreation 2003 Spring Brochure

### Cardio-kickboxing (for beginners)

This aerobic workout offers the balance, strength training and self defense techniques of martial arts.

# 143060-A

Time: 9:30-10:15AM

Day: Saturday Fee: \$32.00

Ages: Adults & 15+

Location: Beal School

Dates: 4/12-6/14 (no 4/26 & 5/24)



### Adult & Teen Tennis Lessons

A separate registration form will be available at the parks & recreation department.

## Senior registration starts March 6<sup>th</sup>

### TAI CHI & CHI GONG (Seniors)

Improve your balance and memory combining simple movements with deep breathing.

#### Beginners

# 144070-B

Time: 8:15-9AM

Fee: \$15.00

Dates: 4/7-6/9 (no 5/5 & 5/26)

Day: Monday

Location: Senior Center

Ages: Seniors

Instructor: Laurie Demers

#### Advanced

# 144070-A

Time: 9-9:45AM

Fee: \$15.00

Dates: 4/7-6/9 (no 5/5 & 5/26)

Day: Monday

Location: Senior Center

Ages: Seniors

Instructor: Laurie Demers

### Line Dance (Seniors)

Line dance to music from the 40's, 50's and 60's. A variety of dance moves like the grapevine, hustle, hitch and Charleston will be used.

# 144140-A

Time: 10-11AM

Dates: 4/8-5/27

Fee: \$15.00

Day: Tuesday

Loc: Senior Center

Ages: Seniors

Instructor: Joe Czarnecki

### Senior Recreational Bowling

Come and join the Senior Bowling League at the Town & Country Bowling Alley.

This recreational league provides exercise and an enjoyable atmosphere. Donuts and coffee are included in the program. Weekly fee is \$6.75, which includes 3 games.

Time: 1PM

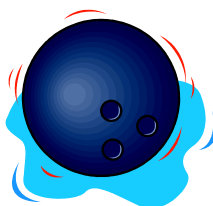
Dates: On going

Fee: \$6.75 (weekly)

Day: Tuesday

Ages: Seniors

Loc: Town & Country Bowl (corner of RT 9 & Oak St)



### Senior Fitness & Nutrition

Class is ongoing at this time and there is still space available in the program, which started in January.

# 134050-A Time: 9:30-10:30AM

Fee: \$20.00 Day: Wednesday

Ages: Seniors Dates: Ongoing until 5/21

### Senior Painting Class

This painting class will explore the use of water-based painting mediums such as ink and watercolors to create expressive and unique images. Various techniques and brushwork will be demonstrated as we focus on creating luminous skies, landscapes and free-spirited ink paintings.



#### Section A

# 144120-A

Time: 10-11:30AM

Fee: \$25.00

Dates: 4/10-6/5 (no 4/24)

Day: Thursday

Ages: Seniors

Location: Senior Center Art Room

Instructor: Jenn Swan

#### Section B

# 144120-B

Time: 11:45AM-1:15PM

Fee: \$25.00

Dates: 4/10-6/5 (no 4/24)

Day: Thursday

Ages: Seniors

Location: Senior Center Art Room

Instructor: Jenn Swan

### Special Events & Trips

**Boston on your own:** A great day to enjoy the spring weather while exploring Boston and of course shopping at Filene's Basement. Drop off and pick-up is in the vicinity of Quincy Market and the day has been extended due to popular demand. The bus will leave Town Hall on Saturday May 3<sup>rd</sup> at 9AM and return at 6:30PM. The fee is \$12.00 **Act: 143190-A**

**Kid's Equipment Day:** Come see the town's big trucks up close on Saturday May 17<sup>th</sup> from 9AM-Noon at the Municipal Garage located on South Street.

**Tennis Permit:** permits reserving 90-minute play periods at Dean Park or Jordon Pond are available to Shrewsbury residents from the department office beginning on April 1<sup>st</sup>. A player may obtain 2 permits per daily visit to the office, and may hold no more than one permit for play in a given day. Permits may be obtained for up to seven days in advance. Night play during the week is until 9:30PM and 10PM on weekends at Dean Park only, from early May to late September. A season fee of \$20.00 is charged for personal tennis permit privileges. Residents may use tennis courts without permits on a space-available basis, no charge. Players must yield to a permit holder.

**Summer Registration is May 10<sup>th</sup> at Shrewsbury Middle School from 8-11AM. Registration forms will be available in the Parks & Recreation office at the end of April.**